

Age: 5-7		Sport: Ball Hockey - Week 1	
Duration: 55 mins	Physical Skills: Passing	Social Skill: Sharing	Stickers: Dribbling, Sharing

Review Ball Hockey Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport - holding out hockey stick
2. Talk about the actions we do in hockey
3. Introduce the social skill
3. Talk about what **sharing** is and how we use it

Social Skill

Intro

- **Sharing** means we don't keep things just for ourselves — we let our friends have a turn too.
- **Sharing** helps everyone feel included and makes activities more fun for the whole group.
- What can we do to show we are **sharing**?
 - Take turns using equipment
 - Using kind words like “your turn” or “do you want to try?”
 - Wait patiently while someone else is having a turn

WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill

- ★ **Galloping**
- Rhythm: Step (with lead foot), Together (back foot follows), Step, Together
- Step one leg out in front of your body - this is the leading foot
- The back foot follows and steps forward to meet the leading foot - the back foot is always chasing the lead leg but never goes in front of it
 - The fox (back foot) never catches the rabbit (lead foot)
- Practice galloping in different pathways - zig-zag, circles, around cones
- Add challenges - around obstacles, in different directions, changes in speed

Octopus Tag!

Equipment

☐ Cones

Key Points

- Create two lines of cones on both ends of the play space - these will be the safe zones
- The coach will start in the middle as the Octopus - they are IT
- Players line up along one of the safe zones to begin
- When the coach says GO, players try to run to the other side without getting tagged by the Octopus
- If a player is tagged, they become seaweed and have to sit down where they were tagged
- Seaweed can help the octopus tag others by reach their arms out as players run past them to try and tag them
- Play until one player remains and reset a new round

PHYSICAL SKILLS

- ★ Before playing any games with the sticks, have a quick **safety talk** with the group about using the hockey sticks and show the kiddos how to hold the stick properly!

Partner Passing!	
Equipment	☐ Balls, hockey sticks
Key Points	→ Put players into partners, each with their own stick and sharing one ball → Use spot markers for each pair to stand on to create the passing distance → Partners practice passing the ball back and forth → Encourage players to use two hands on the stick and stop the ball before passing it back → Focus on gentle and controlled passes
Adaptation	• Progression: Partners take turns standing with their legs open to make a goal - players aim to pass the ball through the goal to score
Cone Knock Down!	
Equipment	☐ Hockey balls, cones
Key Points	→ Set up a line of flat cones in the middle of the gym to clearly divide the two sides in half → On the end zone of each half, spread out 5-6 tall cones - these will be the targets → Divide players into 2 teams and put each team on either side, each player with their own stick and as many balls as there are players on both sides → The goal is for each team to work together to knock down their opponents targets by shooting the balls, while also defending their own from being knocked down → Emphasize that players must shoot the ball on the ground and not into the air for safety → The first team to knock down all of their opponents targets wins → Reset the balls and cones and play again
Adaptation	• Simplify: If the tall cones are too difficult of a target to knock down, change to flat cones with a playground ball on top for a larger surface area to aim at
SOCIAL SKILLS	
Shoot and Share!	
Equipment	☐ Balls, hockey sticks, nets
Key Points	→ Set up 1-2 nets at one end of the play space → Divide the group into 2-3 lines, with a hula hoop of balls beside each line → The players at the start of the line will start with a hockey stick, and the rest without → The first players will find a ball, stickhandle toward the net and try to score → After shooting, they run back and share their stick with another player and move to the back of the line → Continue switching roles so everyone gets lots of turns with the stick → Emphasize sharing by celebrating when players share their stick! Encourage them to give their stick to a different friend each time
FUN ACTIVITY	
Ball Hockey Scrimmage!	
Equipment	☐ Cones, nets, hockey balls
Key Points	→ Use cones to create a large boundary that players must stay within → Divide players into 2 teams (i.e. yellow shirts and purple shirts) and set up two nets on either side of the space → Play a short and friendly scrimmage
Adaptation	• Progression: Assign 2 players to be “neutral” - they will each stand on one sideline of the field. The neutral players’ job is to run up and down the sideline to 1) help keep the ball in bounds, or 2) receive a pass and play the ball back out. The neutral player helps both teams.

Chase the Horse!	
Equipment	☐ N/R
Key Points	→ Choose one player to be the “horse” and give this player a 10-second lead to run anywhere in the space → On the coach’s signal, the rest of the class chases after the horse in a galloping motion, trying to tag them → When the horse is tagged, the entire class returns to the coach and the game starts again with a new horse → Vary the lead time if necessary or add additional horses in a larger space
WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in hockey today (passing, holding the stick, etc.)? → What social skill did we work on today? → Yes, sharing! Can I hear everyone say “Sharing”?
Cheer	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Passing and Sharing stickers